

Fatigue Management Essentials



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Promoting Fatigue Management

Fatigue management training is a proven strategy for helping employees combat fatigue in the workplace. PSB Solutions ensures a best practice approach by basing our program on the latest psychological research.

Overview

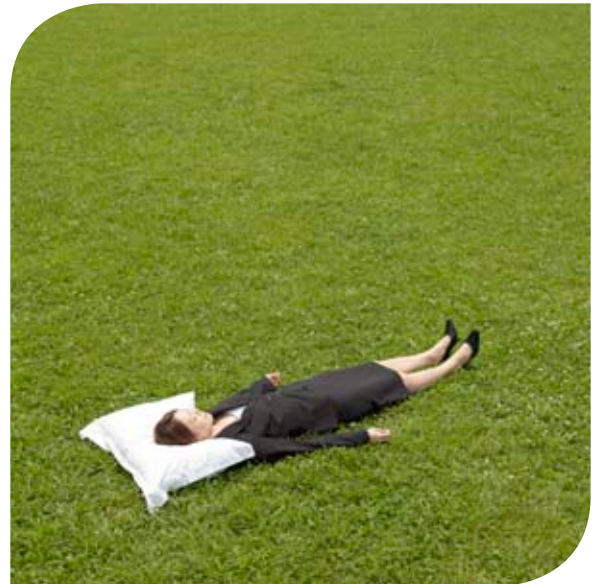
Our half day 'Fatigue Management Essentials' workshop is designed for those organisations aiming to:

- Educate personnel on the dangers of fatigue.
- Promote positive sleep hygiene.
- Promote personal accountability for fatigue.

Key Objectives

PSB Solutions' Fatigue Management training is effective because it provides participants evidence-based tools to help them:

- Identify when they are most likely to experience fatigue.
- Detect the deterioration of performance due to fatigue.
- Assess their fitness for work.
- Manage their susceptibility to fatigue.
- Understand their responsibilities for communicating fatigue.
- Improve their sleeping patterns and sleep hygiene.
- Understand how fatigue and team morale influence each other.
- Understand how organisational culture influences the reporting and management of fatigue.



Audience

This workshop is applicable to all employees facing potential fatigue related hazards in the workplace.

The Process

This is a four hour course comprising of lecture material, discussion and group work.

Please contact PSB Solutions on (08) 9489 3900 or visit www.psbsolutions.com.au for session dates.

Want to Deliver This Training In-House?

PSB Solutions can offer this training in-house. We also design and develop client branded fatigue management courses with train-the-trainer or trainer-supplied options.

About PSB Solutions

PSB Solutions are a specialist team of psychologists facilitating positive change in the areas of People, Safety and Business improvement.

Our solutions to organisational concerns include Occupational Health and Safety Solutions, Behaviour Based Safety, Leadership Coaching, Employee Selection, Training and Development and Human Resource Systems Improvement. Please contact PSB Solutions for further information on (08) 9489 3900.

